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Missouri higher education leaders speak

By Dennis Sharkey
Co-Editor in Chief

Many of Missouri's higher education leaders met Tuesday with the Missouri House Higher Education Appropriations subcommittee to justify a 2 percent increase in funding suggested by Gov. Matt Blunt last week.

Each institution in attendance had news of progress to report, but all were in agreement that more funding is needed yet the suggested increase is a welcomed sight.

"When you compare 2 percent with a possible 10 percent cut, we could dance in the streets for that one," said Truman State University President Barbara Dixon. "That will go a long way at keeping our tuition down."

Missouri Western State University President James Scanlon told the committee the

governor's suggestion of a 2 percent increase is a good sign things are headed in the right direction.

Scanlon said his school had been spending only two-thirds of their operational budget the last couple of years compared to what it had spent historically in the past.

He added the school has done a lot of restructuring to deal with budget short falls and have had to defer maintenance on many buildings. Along with Dixon and Missouri State University President Michael Nietzel, Scanlon said more money is good but more is still needed to do these capital improvements. He and others urged the committee members to continue to look for ways to get higher education more money.

"We think it's an extraordinary good beginning to the development of a plan for higher

education," Scanlon said. "We are very happy to see the corner being turned and a priority being given to us. The funds we will receive will be focused on the students."

Scanlon and Missouri Southern State University President Julio Leon both mentioned that their institutions are both under funded using a per-student funding formula.

Scanlon said it is costing his school an additional \$4 million a year. Leon said it cost his school \$5 million a year.

House member Barbara Fraser D-83, who has worked to get the numbers more in line for those schools said the

see **BUDGET** on 6A



PHOTO BY DENNIS SHARKEY / CO-EDITOR IN CHIEF

NORTHWEST PRESIDENT Dean Hubbard and other Missouri university leaders testified Tuesday that the two percent increase proposed by Gov. Blunt is welcomed, but more is needed.

New city manager steps in

By Cali Arnold
Community News Editor

Michael Rietz officially started his duties as city manager Monday night.

Rietz recently made the move to Maryville after acting as the city administrator of Kasson, Minn., since August 2000. Previously he held the same position in Blooming Prairie, Minn., for two years.

The Oshkosh, Wis., native feels that his move to Maryville was a good choice. The current population is over 10,000, while Kasson had a population of approximately 5,300.

"I've been working my way up the ladder, so to speak," Rietz said. "That (working in Kasson and Blooming Prairie) was a great experience for me, a great training ground for me in this position."

Rietz cites his reasons for coming to Maryville as the next step in his political career.

"That was the primary thing," Rietz said. "(To have) new challenges, larger community and furthering my career."

As the city administrator in Kasson, Rietz gained experience in developing new housing subdivisions. During his time in Kasson, the population expanded by nearly 1,000. He plans to use his experience with these issues to help Maryville in the same way.

"The community has some real housing needs," Rietz said. "Both with maintenance improvements of existing housing, and to figure out ways to get loans or grants to help the older-core housing."

Rietz said that improving the housing goes hand-in-hand with continuing quality economic

see **MANAGER** on 6A

New scanner puts St. Francis ahead in upgrades

By Andrew Glover
Chief Reporter

St. Francis Hospital administrators are one step closer to finishing the seven-year expansion project with its newly renovated 17,000 square foot surgery area.

The \$4.2 million addition brings the total to \$17 million spent on the project since the ground breaking in 1999. A new endoscopy room and operating room joins the three pre-existing operating rooms.

A new Computed Tomography (CT) Unit highlights the expansion—the best one in the area according to hospital president Mike Baumgartner.

The new scanner is faster than most CT units, with most scans being completed and viewed before the patient leaves the room.

St. Francis has also doubled the number of ambulatory beds for patients to use after operations.

The new orthopedic surgeon coming to St. Francis in August prompted the surgery area expansion.

"We are recruiting surgeons and hopefully by giving them a work environment that is going to be very attractive that will increase our possibilities of bringing more physicians to Maryville and northwest Mis-

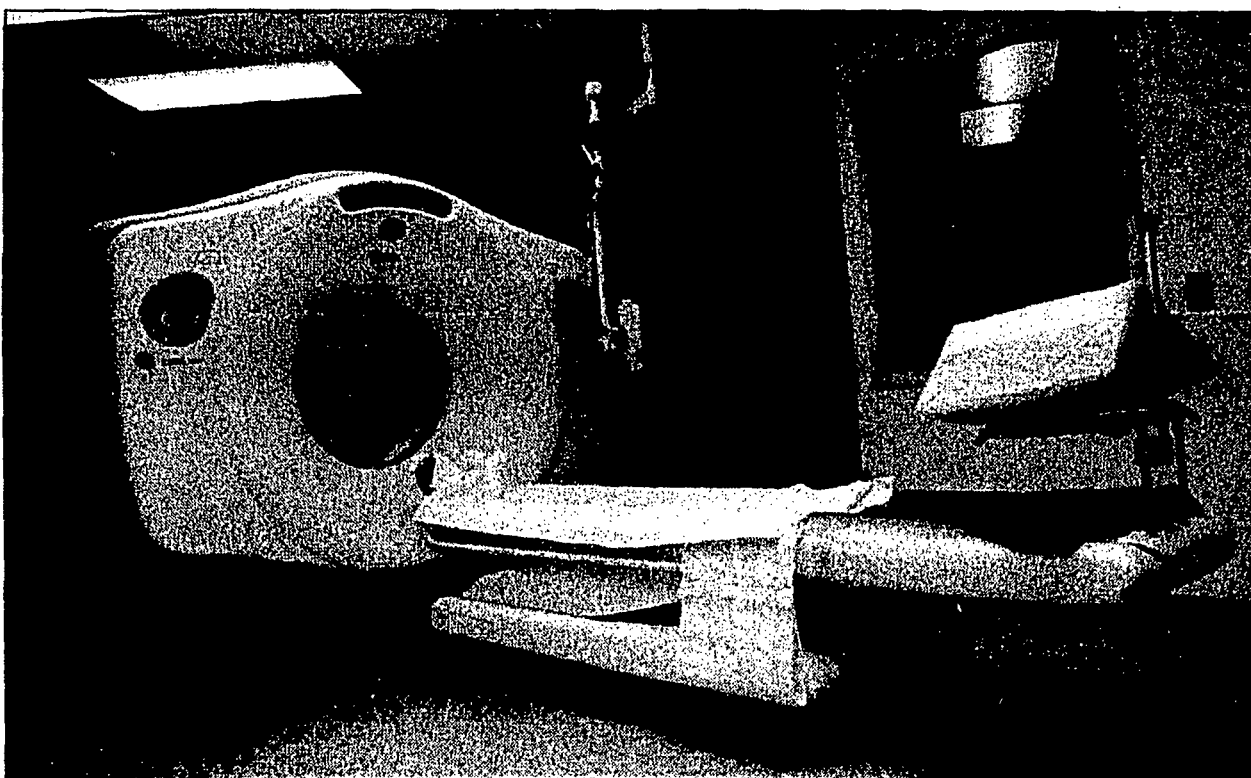


PHOTO BY MIKE DYE / PHOTO EDITOR

THE NEW Computerized Tomography machine, also referred to as the CT machine, is one of the newest additions to St. Francis Hospital. The machine cost approximately \$750,000. It is the only machine between Kansas City, Mo., and Des Moines, Iowa.

souri," Baumgartner said.

Many of the expansions St. Francis is undergoing are very unusual for a rural community such as Maryville, but the hospital has been at the forefront of providing state of the art facilities to the community for years.

St. Francis has had an Acceleration Program for the past six years that retrains the muscles to be more efficient after surgery or injury. Most of the time the patient's muscles end up in better shape than before the surgery. The

program is also useful for those wishing to be better at the sports they play.

"Every player on the eight-man football team in Mound City has used this program and it is evident with how fast they are on the field," Miller said.

St. Francis also converted all patient rooms from double to private in 2001 to help keep doctor-patient conversations and medical records private.

This was in accordance with the Health Insurance Portability

and Accountability Act of 1996 which requires the Department of Health and Human Services to increase privacy in the health care setting.

"We are doing this for the patients," said Rita Miller, St. Francis community relations and development manager. "We want them to know we are here for the long haul and we want to make them happy, comfortable and safe."

Stephanie Stangl contributed to this report.

'LULLABY OF BROADWAY'



PHOTO BY MIKE DYE / PHOTO EDITOR

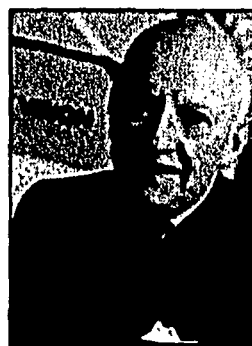
THE CAST of "42nd Street" lit up the stage Monday night at the Mary Linn Performing Arts Center. The Tony Award-winning musical kicked off the second half of Northwest's Encore season.

Alumnus speaks at Northwest

By Andrew Glover
Chief Reporter

Empower Marketing Media, the business that Northwest alumnus William Price started, has proved to be a unique and successful business, which is why Price was asked to return to Northwest as a guest speaker Jan. 18.

Price, who was born in Princeton, Mo., came to Northwest to pursue a degree in communications. It was a field that was familiar to Price coming from a family filled with a background in the newspaper



William Price

industry.

"I think from birth it was just a foregone conclusion that I was going to be in the communication industry somehow, one way or another," Price said.

His time spent in the communications department gave him great opportunities and experience, which he has needed for giving speeches and presentations as CEO of a major company.

"The courses I took in speech and drama, particu-

larly in drama and debate, all have served me well over the 45 years that I have been in this business," Price said. "It just got me a lot of self confidence and stage presence."

He graduated from Northwest in 1960; carrying great memories with him from his college life.

His learning didn't stop in the classroom; he gained valuable knowledge that has served him well in his life at the top.

"I learned how to party really well while I was here, and perfected the art," Price said. "I've always had a lot of fun and the friends that I made here, it's been great over the years."

see **ALUMNUS** on 6A

CAMPUS BRIEFS

'Swan Lake' swims to Northwest

The Northwest Encore performing arts series continues with the Russian National Ballet's production of "Swan Lake" at 7:30 p.m. on Friday, Feb. 3, at the Mary Linn Performing Arts Center.

The 1875 Tchaikovsky ballet, considered one of the greatest classical ballets of all time, is directed by Sergei

Radchenko and features some of Russia's top dancers.

Tickets are \$20 and are available from the Student Services Center on the first floor of the Administration Building between 8 a.m. and 4:30 p.m. Monday through Friday, by phone at 562-1212 or online at nwmissouri.edu/tickets.

Special Olympics benefit planned

Alpha Sigma Alpha and Tau Kappa Epsilon are sponsoring a Special Olympics House of Pancakes Breakfast and Twister tournament from 9 a.m. to 12:30 p.m. Saturday, Jan. 28, at the Maryville Community Center.

The breakfast, catered by Chris Cakes Catering of Maryville, costs \$5 for all-you-can-eat pancakes. The Twister tournament, which begins at 10 a.m., has an entry fee of \$1. All proceeds benefit the Special Olympics.

Interviewing for education majors

The office of Career Services is hosting a spring Education Mock Interview Day for education majors from 8:45 a.m. to 5 p.m. Tuesday, Jan. 31, on the third floor of the J.W. Jones Student Union.

The day is designed for teacher candidates to practice their interview skills with

school district administrators and human resource professionals.

Students can sign up for the event on the Career Services website, at nwmissouri.edu/careerserv under "Events."

Interviews are on a first-come, first-serve basis and are limited to two per student.

New Northwest regent named

Wednesday, Rachelle Brown, a 1993 Northwest graduate, went before the Missouri Senate for a hearing confirmation of her appointment to the Northwest Board of Regents by Gov. Matt Blunt. Brown was expected to receive the confirmation.

Brown is the wife of Missouri House member Jason Brown R-30, who is also a Northwest graduate.



Rachelle Brown

After graduating from Northwest, Rachelle worked at Avila University in Kansas City, Mo. as an admissions counselor before moving onto William Jewell College in Liberty, Mo., where she served in many capacities including the director of transfer enrollment.

At press time there was still no word of the new student regent.

Door locked for last time 27 years later

By Brett Barger
Chief Reporter

Dan Alsop has witnessed a lot of historical moments since arriving at Northwest in June 1978.

He has been witness to the construction of buildings such as the B.D. Owens Library, The Mary Linn Performing Arts Center and the Health Center. After 27 years he will say goodbye during a retirement ceremony that will be held 2-4 p.m. Jan. 30 in the J.W. Jones Student Union Boardroom.

When the Administration Building fire broke out in 1979, Alsop was serving on the construction crew.

"We had to do a lot of the temporary this and that for offices for the Administration Building people," he said. "The Environmental Services Building today, was originally built as a temporary office for the people in Wells Hall."

Another moment in

Alsop's career was when Northwest implemented electronic locks in 2001. The change posed a challenge to him.

"When we went to the electronic locks, I had never looked at a computer until probably a year before we went to the locks," he said. "I had to take some computer classes and do some training. It helped me grow."

David Duvall, associate director of environmental services, has worked with Alsop for eight years and has always believed he was the right man for the right job.

"One of the areas that Dan oversees on campus is security, with the locks and keys and that's something you cannot take lightly," he said. "One of Dan's greatest strengths is that he's absolutely locked into detail."

Alsop will cherish his time at Northwest.

"When I was a locksmith, I was at every building and



PHOTO BY MIKE DYE / PHOTO EDITOR

CHECKING THE electronic locks in Garret Strong, lock and key supervisor Dan Alsop make sure the locks are working properly.

got to see a lot of people. I'll miss that," he said. "What I won't miss is the late night call-outs."

John Viau, university painter, has worked with Alsop for five years.

"He's given me the opportunity to work in many areas. He will be missed," he said.

The Alsop family has made its presence felt on the Northwest campus. Alsop's wife, Marcia, works in the Provost's office. The couple has also seen three daughters graduate from Northwest.

Alsop's brother, Richard, also works at Northwest as the Men's Cross Country and Track coach and his

New ambassadors prepare for service

By Evan Young
University News Editor

They are often seen showing perspective Bearcats and their families around campus, filling their minds with reasons why they should pursue a college education at Northwest.

They are the student ambassadors, and recently the University chose 19 new students to represent Northwest and help the office of Admissions with recruitment.

In addition to guiding campus tours, the students will assist at various admissions events including visit days, Freshman Orientation, Family

Day and Sneak Preview.

"All of them are very enthusiastic about Northwest and what they've accomplished here," said Jeremy Waldeier, associate director of admissions.

After applying, the 78 applicants went through two interviews. The first was with current ambassadors, who picked the top 38 students. These students subsequently went in front of a small committee of Admissions personnel, which made the final selections. Waldeier, who was part of the committee, said the final decision was definitely the most difficult.

"It's just hard to come up with that final number," he said. "So many students applied—great students who would do a great job. I wish I could've hired them all."

During the interviews, the applicants were asked a variety of questions, ranging from which areas of campus would they showcase on tours to naming some of their hobbies.

"I was really nervous," said sophomore Jessica Alvarez, who was selected as an ambassador. "I wanted to give the correct answer because they judge you on that. But I took a deep breath and everyone said I'd be OK."

Freshman Megan Walker said she is looking forward to conducting tours and getting to know prospective students, a

position she can relate well to.

"I'm excited to get to talk with them because I remember exactly how that felt and what I wanted to know," Walker said. "I want to get them excited about college, excited about Northwest."

The new ambassadors will spend the spring trimester training, meeting with different university offices and academic departments and observing how current ambassadors interact with visitors.

"I want to be an inspiration for the high school students who are coming up here," Alvarez said. "If I can change their minds and show them that this is a good school, and they come to this school next year, it means I did my job; I did what I was supposed to do."

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Lawmakers to vote on higher minimum wage

JEFFERSON CITY, Mo. (AP) - Democratic lawmakers on Wednesday proposed to increase Missouri's minimum wage, which has remained at \$5.15 an hour for nearly a decade.

Under a bill sponsored by Rep. John Bowman, D-St. Louis, the hourly minimum would increase to \$5.70 in August and to \$6.50 in August 2007. Starting in 2008, the hourly wage would increase at a rate matching inflation.

Missouri's minimum wage matches the federal minimum wage. But 17 other states have increased their minimum wages since the last federal increase in 1997. Those higher hourly rates range from \$6.15 in Delaware, Florida, Minnesota and New Jersey to \$7.63 in Washington state.

"This is a proposal that rewards a fair day's work," said House Minority Leader Jeff Harris, D-Columbia. "For a fair day's work, the people of Missouri deserve

a fair day's pay."

Harris was one of nearly 20 Democratic lawmakers at a news conference announcing the "living wage" proposal, which has 39 co-sponsors, including Harris.

Speakers cited federal statistics that show an hourly employee must earn \$6.27 to maintain the same purchasing power as when the federal minimum was last increased.

Currently, a full-time minimum wage employee would earn \$206 a week, or \$10,712 annually—an amount just above the federal poverty level for a single person.

"People cannot live off \$10,000 a year," Bowman said.

Bowman's measure also adopts the federal minimum wage standard for agricultural workers.

Despite the measure's broad support among Democrats, it likely faces an uphill battle in the Republican-controlled Legislature.

New dentist and reflexologist begin practicing in Maryville

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Originally from: Graham, Mo.

College: "I received my degree from the International Institute of Reflexology, the Ingham Method."

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BRIAN VIERTHALER, DDS

Family Dentistry
2408 S. Main Suite B. Maryville
582-2273

How many years in the practice: 5 years

Originally from: Olathe, Kan.

College: "I received my undergraduate degree from Emporia State University and finished my Doctor of Dental Surgery degree from University of Missouri-Kansas City."

Last job: "Working at a practice in North Kansas City, Mo."

Why did you choose Maryville: "My wife is from Savannah, Mo., so we were familiar with the area. I had also been in touch with Bruce Twaddle."

HYVEE EXPANSION

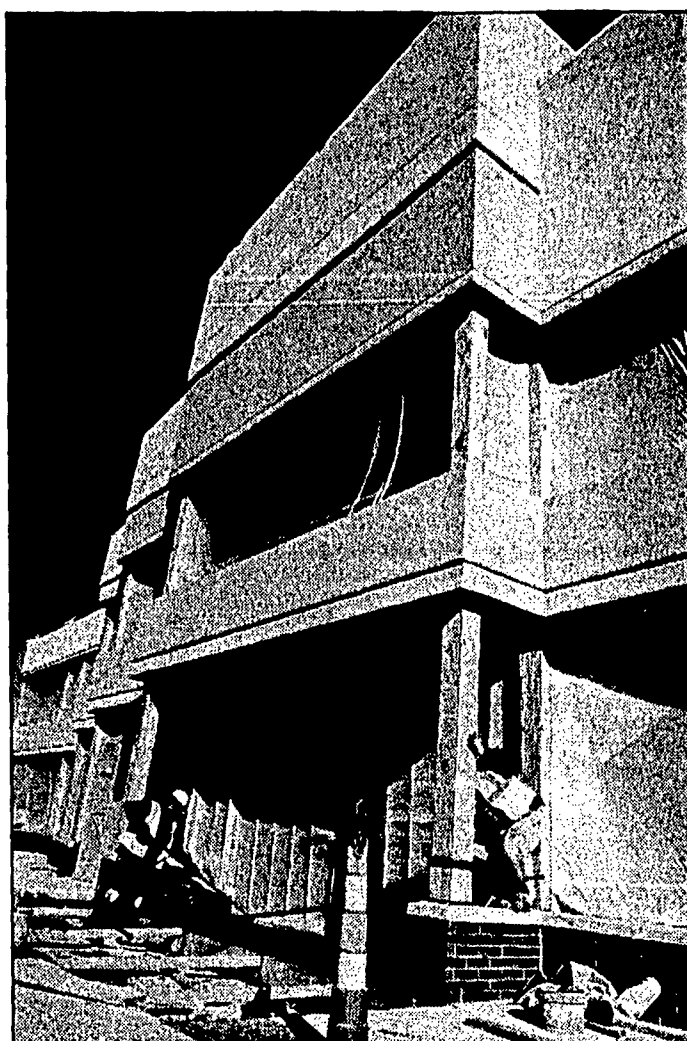


PHOTO BY KELLIE WHITE / ASSISTANT PHOTO

CONSTRUCTION CONTINUES on Hy-Vee's new building. The project is estimated to finish near the end of April and will contain a floral shop, one-hour photo and expanded food court.

New Hy-Vee opening this spring

Store director Greg Chapman said construction is going well on the improved building. It will feature an expanded food court and a bigger variety in the produce, meat, frozen and grocery sections. A one-hour photo and floral department will also join the new establishment.

Construction will continue after the opening of the new building. Chapman said that a pharmacy, Wine and Spirits, dairy, health market and general merchandise will be added on to the south end of the build-

ing, where the current Hy-Vee is located.

"It will be a modern, 21st century store," Chapman said. "It will be what people expect from a grocery."

Chapman said that the new Hy-Vee can still be counted on for good, friendly service. The variety will be better and the quality in the perishables department will also improve.

"We are going to focus on giving more goods and services to the community," Chapman said.

CITYBRIEFS

Aquila Care program to provide assistance in high costs

The Aquila Care program has more money to assist its customers affected by higher U.S. energy prices. Aquila Inc. announced last week that it is providing more funds for the program in its seven-state Midwest service area.

The total contribution has reached \$625,000 after the additional \$125,000 donated last week.

Along with Aquila, customer and employee contributions will bring the total program impact to \$1 million.

The company is match-

ing the other contributions dollar-to-dollar up to a total of \$375,000.

Aquila donated an additional \$250,000 separately as well.

Customers are encouraged to donate to the Aquila Cares program.

A small checkbox on customers' bills will allow for donations by a monthly amount.

Aquila Customer Service can be called at 1-800-303-0752 for a donation, or send a check to Aquila Cares, P.O. Box 11975, Kansas City, MO, 64138.

Nodaway County Health hires new health care educator

Larena Lockhart has been hired as a part-time Health Educator with the Nodaway County Health Department.

She is a registered nurse and is new to the public health field.

Lockhart is available to present information on

health issues, nutrition and physical activity to clubs, organizations and businesses. She is also knowledgeable on heart disease and the warning signs of heart attack and stroke.

If interested, e-mail Lockhart at lockhl@lpha.dhss.mo.gov.

St. Francis Hospital Foundation, Auxiliary sponsor Gala

St. Francis Hospital Foundation and St. Francis Hospital Auxiliary are sponsoring the President's Gala for the fourth year in a row.

"A Cruise to the Caribbean" is this year's theme for the event. The event will be held on 7 p.m., Feb. 11, at the Maryville Community Center.

Proceeds from the Gala will benefit 2006 capital equipment needs.

Dinner is at 7:30 p.m.

with disc jockey Tyler Ingram of Advantage Entertainment providing music at 8:30 p.m.

Tickets are \$65 per person. Captain's Table sponsorships are \$750 for eight reservations.

Contact the St. Francis Community Relations and Development Office at 562-7933 for reservations. It is recommended to make early reservations, as seating will be limited.

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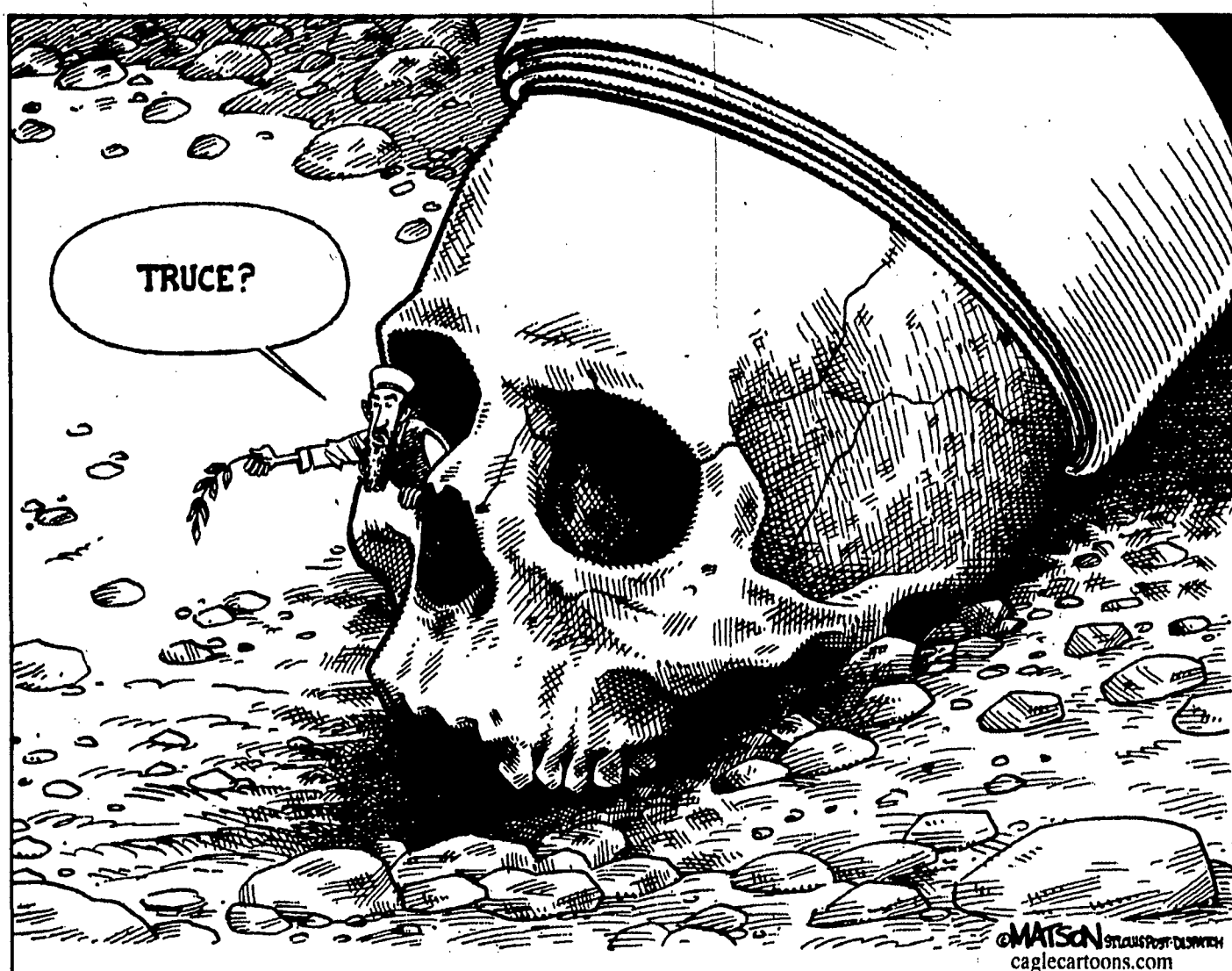
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OURVIEW

Unfinished business

As the total amount contributed to Maryville's Campaign for Community Renewal reaches nearly \$364,000 promising a rejuvenated downtown we at The Northwest Missourian have taken notice of the empty buildings scattered around town.

While we support the endeavors of the community to make the area around the courthouse look more attractive in hopes of fostering economic growth, we worry that the rest of the town has been forgotten the process.

Travel down Main Street and take notice of all the empty businesses in town. Long John Silver's won't re-open after a fire devastated the business. A half block south sits an empty BP Station. Further down still remains an eyesore of an empty Wal-Mart building. In the community's commendable attempt to make the uptown look more appeal-

ing to possible store owners and patrons, parts of town ironically fall apart.

We believe that it would benefit the town economically and aesthetically if those same hard-working people who focus their energy on beautifying uptown should also take the time to keep the properties up. Maybe in the process the buildings and town will look more appealing, and as a result, lure more proprietors.

But we aren't the only community struggling with scattered empty buildings. St. Joseph has an array of these same unappealing buildings. Instead of filling the vacancies they opt to build a multi-million dollar Shoppes at North Village, which we adamantly affirm doesn't make much sense. Fill those vacancies first and save the community money that could be invested in other worthwhile projects.

New Orleans mayor out of line

Oh, New Orleans Mayor Ray Nagin got his point across. It probably just wasn't the point he meant to make.

Good ol' "Reverend" Nagin felt that Holy Spirit moving in him, alright. "I don't care what people are saying Uptown or wherever they are," Nagin prophesized in a Martin Luther King Day speech. "This city will be chocolate at the end of the day. This city will be a majority African-American city."

And why's that, Father Nagin?

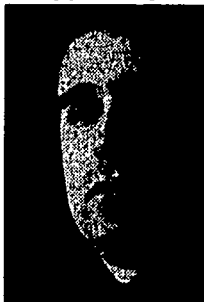
"It's the way God wants it to be... You can't have New Orleans no other way."

Oh, sure, that could've supplied enough material for months—had he stopped there. But then he apologized. Everyone had just enough time to get some popcorn for this.

"How do you make chocolate?" a Johnny Cochran-channeling Arch-Bishop Nagin asked. "You take dark chocolate, you mix it with white milk, and it becomes a delicious drink. That is the chocolate I am talking about."

"New Orleans was a chocolate city before Katrina," he added. "It is going to be a chocolate city after. How is that divisive? It

Jagged Edges



Sean Comer
Opinion Editor

is white and black working together, coming together and making something special."

Sure, that sounds reasonable. Apology accepted.

Nobody would envy Nagin's predicament prior to his foot-swallowing trick.

He'd already found himself knee-deep in complaints coming from mostly-black neighborhoods about priority given to restoring affluent white areas.

The city's lower ninth ward suffered the brunt of flood damage.

But Nagin should've folded his hand before playing that ugly race card.

So, he wants a "majority African-American" city—how nice for him. In that case, ideally, no one would impede on his conscience with some white tax dollars. You can call that the "vanilla extract."

Evidently, Nagin likes his vanilla in small doses—just small enough to cut a campaign check. But close your eyes and imagine this: what if Kay Barnes had declared Kansas City a "vanilla city?" Think she'd live to see the rededication?

On the bright side, Nagin dispelled one tired, some wives' tale: only white

people can ever be racist.

How I wish a tax boycott could be organized.

Prior to Katrina, New Orleans was home to a nearly 68 percent black population, according to the most recent census data. Imagine nearly 32 percent less tax revenue aiding the rebuilding of the once-and-future "chocolate city."

Wouldn't that be some tasty karma?

Sure, Nagin wants his "chocolate city" back—but he wants the white leaders in Washington D.C.—including the President who "doesn't care about black people," according to Kanye West—to help him. He's always wanted help from the very same white leaders he lambasted for making God "mad at America" in his rant.

He even wants money from the white people he hopes remain a minority—if only so he can rebuild his city without his belittling remarks making a difference at the ballot box.

He probably really hopes he was right about God wanting a "chocolate city." Somehow, I smell bridges burning.

And why wouldn't he harbor such high hopes? The man just publicly declared that black Americans are evidently the favorite children in God's family. And in the process, he just alienated a lot of taxpayers whose bucks he's going to need.

Is anyone else beginning to sense the scope of this monumental windbag's monumental screw-up?

News-flash, Padre Nagin: nearly 32 percent is still a whole lot of white people. And once words leave the mouth, they can't be sucked back in.

Count yourself lucky you weren't a white politician rallying for a predominantly-white city. As it is, you probably don't deserve that sweet "vanilla extract" you'll collect from the same percentage of people you just belittled.

With the vibrant culture and history of New Orleans, race shouldn't matter at all. Granted, you can feel the influence of black culture in New Orleans all around. However, historians could trace every bit as much history and heritage back to mostly-white French settlers and Creoles who populated New Orleans over a century ago.

But New Orleans's identity was born of the same mother as that of America itself: different peoples each doing their own thing. Consider this pure speculation, but given its history, I doubt God "meant" New Orleans to be predominately one color or another.

In fact, He probably meant it to be as colorful and different as before Katrina.

Don't bite the hand that feeds—or the ones that helped build the city.

Unique Upgrades

The last 10 years have brought significant changes in the health care industry. Medical professionals and health care executives in Maryville and northwestern Missouri have endeavored to make the adjustments, and in many cases, have decided to take the lead and put patients in the forefront in creating a healthier and more healthful community.

By collaborating and communicating at all levels of health care delivery and services, health providers look to one another as experts and part of a continuum of care instead of competitors. A case in point was the disaster drill conducted this past summer. The Nodaway County Health Department led a large contingent of health and safety professionals through a detailed and comprehensive disaster plan. Area residents can now be assured that in the event of a major crisis, health care providers in Maryville are now better prepared and are at a higher readiness level than most communities, not only in the state but in the nation.

As the largest health care organization in town, St. Francis Hospital & Health Services has also taken an active role in providing an environment that is safe, comfortable and private. Patients' expectations were the primary consideration in facility planning over the last seven years along with changes in federal and state regulations. After \$17 million in construction since 1999, the hospital is well ahead of other rural health care institutions in both physical structure and technology. An emergency department that is staffed by a physician 24/7, more operating rooms, private rooms with individual bathrooms and TVs, as well as a vast array of outpatient services that can be done close to home are all part of the hospital's objectives to increase patient satisfaction and provide a safe and healing atmosphere.

With continuing efforts to reduce medical errors, improve health grades and patient loyalty scores, medical professionals in Maryville are not sitting back on their laurels. More publicly offered information can be found on health services than ever before and health care organizations are under even more pressure to provide high quality services while looking for ways to reduce health care costs.

As long as the health care "culture" that has been created in our community continues to be developed and nourished, residents will continue to reap the benefits of a health environment that is conducive to healing and wellness. Rather than taking a wait-and-see approach and see how someone else does it, health care in Maryville has evolved to a true leadership position—being looked to instead of looking for others with expertise; being innovative instead of maintaining the status quo; understanding that good enough is not good enough.

Rita Miller, Community Relations/Development
St. Francis Hospital & Health Services

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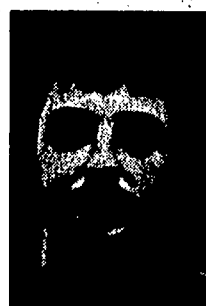
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OBITUARIES

FRANCIS STIENS

Francis Stiens, 67, of Maryville, died Jan. 19, at Heartland Regional Medical Center, St. Joseph, Mo.

He was born November 13, 1938, in rural Maryville, to Edward and Elsie (Hall) Stiens.

Francis served in the Missouri National Guard. He had been a farmer, construction worker and most recently, he worked in maintenance at Nodaway Valley Bank, Maryville.

On September 4, 1983, he married Mary Emery Puckett in Minden, Neb. A member of St. Gregory Parish, Francis belonged to the Maryville Eagle's Lodge and Local #579 Laborer International Union.

He was preceded in death by a son: Brian and his parents.

Survivors include his wife, Mary, Maryville; Children, Clinton and his wife, Linda, Maryville; Nathan and his wife, Jill, Hopkins, Mo.; Troy and his wife, Martha, St. Joseph, Mo.; Tyler and his wife, Catrina, Salt Lake City; Shannon and his wife, Angela, Shawnee, Kan.; Eugene Puckett, Maryville; Vickie Patterson, Maryville and Brandi and her husband, Miguel Corral, Evans, Colo.; nine grandchildren, Marie Stiens, Peter Gonzales, Brandon Patterson, Alex Porter, Kasey Porter, Olivia Stiens, Brian Stiens, Sutton Corral and Carson Corral; Brothers and Sisters, Mary K. Watowa, Maryville; Joe, Maryville; Florence Belcher, St. Joseph, Mo.; Bill, Skidmore, Mo.; John and Tom, Maryville; many nieces and nephews.

Memorials may be given to St. Gregory's School in Francis' name.

WILLIAM VIRGIL JOSLIN

William Virgil Joslin, 83, of Maryville died Jan. 20, at Heartland Regional Medical Center, St. Joseph, Mo.

He was born Aug. 22, 1922, in rural Fillmore, Mo., to Henry Edward and Annie Mae (Squire) Joslin.

Virgil married Ernel Lorine Throckmorton June 14, 1950, in Maryville.

He was a farmer and worked for the Merrigan family for many years. He was of the Christian faith.

Joslin was preceded in death by a daughter, Candia June Joslin in 1999; his parents and two sisters, Ethel Marie Anderson and Jessie P. Allen.

He is survived by his wife of

55 years, Ernel Joslin, Maryville; Children, Virgil Dale, Erna Sue Dredge and Russell Gale, all of Maryville; 15 grandchildren; three step-grandchildren; several great-grandchildren; three sisters, Edna Mae Lester, St. Joseph, Mo.; Maxine Lundberg, Savannah, Mo.; and Louise Pasch, Ravenwood, Mo.; many nieces and nephews.

Memorials may be made to St. Jude's Hospital or the Easter Seal Foundation in Virgil's name.

BIRTHS

Nellie Elizabeth Butler

Christal and Shawn Butler, Maryville, are the parents of Nellie Elizabeth Butler, born Jan. 17, at St. Francis Hospital, Maryville.

She weighed 5 pounds, 15 ounces and joins two sisters, Destany and Britney.

Grandparents are B.J. Allen, Maryville, and Nellie and Merlin Butler, Greenwood, S.C.

Great-grandparent is Ethel Bailey, Stanford, Va.

Dalanie Laura Anne Auffert

Damian and Dana Auffert, Parnell, Mo., are the parents of Dalanie Laura Anne Auffert, born Jan. 17, at St. Francis Hospital, Maryville.

She weighed 8 pounds, 4 ounces and joins two brothers, Dalton and Dakota.

Grandparents are Daniel and Roxann Kell, Leavenworth, Kan., and Philip and Patricia Auffert, Parnell, Mo.

Great-grandparents are Raymond and Judy Dodd, the late Laura Dodd, Easton, Kan.; the late Hershel and the late Frances Kell, Leavenworth, Kan.; the late John and late Rachel Auffert, Parnell, Mo.; and the late Dennis and late Theola Bradley, Afton, Iowa.

INCIDENTS

Jan. 14

■Andrew S. Parrot, 24, Maryville, possession of a controlled substance, possession of ephedrine with intent to manufacture methamphetamine, possession of cocaine, driving without a valid drivers license, 600 block South Main.

Jan. 17

■Aaron C. Catron, 19, Maryville, failure to appear, 400 block North Market.

■Cameron N. Hull, 19, Maryville, failure to appear, 400 block North Market.

■Accident reported, Martha K.

Wilmes, 62, Maryville, Fourth and Vine.

Jan. 18

■Dustin D. Ashley, 19, Maitland, Mo., failure to appear, 400 block North Market.

■Vehicle Damage, 1500 block East First.

■Larceny/stealing, propane tanks, 1200 block South Main.

■Kyle D. Kelmel, 18, Maryville, failure to appear, 100 block West Cooper.

Jan. 19

■Recovered property, cell phone, 300 block North Market.

■Madison A. Davis, 18, Maryville, collided with Lucas M. Gregg, 20, Maryville, 1500 block South Munn.

■Heather A. Foley, 20, Woodstock, Ga., possession of an altered drivers license, 300 block North Market.

■Jayme C. Mattson, 16, Maryville, collided with Kelsea M. Schleusner, 16, Maryville, South Hills Drive & Main.

■Mikayla S. Bowlin, 21, Tarkio, Mo., driving while intoxicated, failure to obey traffic signal, failure to maintain financial responsibility, 100 block West Fourth.

■Travis L. Foreman, 21, Maryville, driving while intoxicated, careless and imprudent driving, 100 block North Depot.

Jan. 20

■Kollin G. Spight, 18, Grandview, Mo., driving while intoxicated, MIP, no valid drivers license, failure to maintain financial responsibility, improper left turn, 400 block North Main.

■Bradley K. Porter, 21, Hopkins, Mo., possession of 35 grams or

less of Marijuana, possession of drug paraphernalia, display plates of another, failure to appear warrant, 1100 block South Main.

■Carl L. McCroskey, 40, Maryville, failure to appear, 400 block North Market.

■Vehicle damage, 200 block West Eighth.

■Donald A. Christensen, 24, Maryville, collided with Mary C. Bradley, 21, Maryville. Christensen cited for failure to maintain financial responsibility, Sixteenth & North College Drive.

■Kelly B. Olenius, 20, College Springs, Iowa, collided with Joseph H. Haggard, 25, Maryville, and Mark J. Hefner, 22, Adel, Iowa, Ninth & Main.

■Amanda A. Umscheid, 22, Maryville, collided with Santiago Jasso, 51, Brownsville, Texas, Ninth & Main.

■Brion M. Cronk, 36, Burlington Junction, Mo., collided with Lorna R. Murphy, 20, Maryville, East South Avenue & Main.

■Micah J. Schmidt, 20, Maryville, collided with Scott D. Trotter, 25, Maryville, Halsey & Main.

Jan. 21

■Assault, ongoing investigation, 1100 block East Fifth.

■Larceny, Blue Mini I-POD, Digital Camera, 400 block West Seventh.

■Carl T.J. Hendren, 24, Stanberry, Mo., possession of prescription medication in unapproved container, failure to comply, 300 block North Market.

■Javen W. Spire, 20, Maryville, permitting a peace disturbance; Kevin M. Chancellor, 19, Maryville, permitting a peace disturbance, 800 block East First.

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Tuesday, Feb. 7
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Wed-Tues, Feb. 8-14
▶ Apartment residents select their apartment.
Tower Suites, South and Franken
Monday, Feb. 13
▶ Residents in Tower Suites, first and second floor South Complex and second floor of Franken can sign up for their same room.
Tues-Wed, Feb. 14-15
▶ Students living on third floor of South where the Honor's Floor and WORLD Floor will be located and any non-Greek Roberta residents will be able to choose any available room.
Thurs-Fri, Feb. 16-17
▶ Residents in Tower Suites, South Complex can sign up for any available room IN THE HALL.
Monday, Feb. 20
▶ Any upperclass resident (Sophomore through graduate student) can sign up for any available upperclass room in any upperclass hall (Tower Suites, South, Forest Village Apartments, and second floor of Franken)
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ALUMNUS: Price delivers message on success

continued from 1A

The presentation was directed towards communications students but open to anyone.

He presented what it is he does, and how he got started with that. He described a niche in the market that allowed him to start his marketing company in 1985.

During his presentation he told everyone to think like an entrepreneur, and not to fear change, that change can be an ally.

"Learn all that you can until 35, then have someone pay you for what you know," Price said during his presentation.

Price resides in downtown Cincinnati which he describes as a terrific place to live. He is able to walk to many sporting events and even enjoys sharing a word with professional baseball player Ken Griffey Jr. who lives next door.

Price chooses to wear bow

ties to present an image that is easy to remember.

On the night of his presentation he wore a sharp pink and black bow tie that showed his bold style.

Theo Ross, chair of the department of communications, theatre and languages, describes Price's appearance as something that people will remember.

"His bow tie sticks out as sort of an icon and that's intentional," Ross said. "The bow tie is intentional, it is planned and it is for that very reason of creating an impression or leaving a lasting memory".

Hubbard says that it's all about style as to why Price wears bow ties.

"If you're in marketing you want people to think that you're kind of artsy," Hubbard said.

Both Hubbard and Ross agree Price's character is extraordinary and is a great ambassador of our institution. "He seems to possess the

traits that I think contribute to success," Hubbard said. "No.1 being clear goals, he knows what he wants to achieve".

"Secondly, the stubborn optimism, he believes he can get it done if he works hard enough. And genuine enthusiasm for what he does; so you put those together and it's hard not to succeed."

Ross adds to Hubbard's perception of Price with a few of his own ideas.

"He seems to be a highly ethical person. He talks for example, in all of his presentations about the value of balance and the importance of keeping a good perspective on our career, the importance of recognizing the value of the family," Ross said. "Price delivered some quality ideas to those wanting a career in communications."

"First of all you've got to do things that build your self confidence and have high self esteem. Secondly you've got to take care of your family and be thankful and grateful for what they've provided for you in life," Price said. "The third thing is that if you asked to do something you exceed expectations at all time."

"The fourth thing is you got to give back—you've got to give back to the community. So I think if you'll find that successful people have those four common denominators."

Hubbard feels Price has achieved the American dream. Going from a small town boy to a successful man, who has achieved greatness along the way.

BUDGET: Missouri schools discuss budget

continued from 1A

house will continue to find ways to get the numbers equal.

"Several years ago as a state we tried to balance the equity funding because it's an important issue," Fraser said. "I think we are moving in the right course."

School leaders also pointed to teacher's salaries as a problem. Many schools said their faculty member's salaries are thousands of dollars below the national average.

Nietzel sees this as a huge problem for not only Missouri State, but a problem in all of Missouri's universities. Nietzel said salaries should be brought up to par with the graduation success that Missouri institutions boast. He and others also said the proposed increase would help keep tuitions lower.

"If you look at the comple-

tion rates in 4-year institutions in Missouri; compare that to the nation and you will see this state does extraordinarily well in terms of completing degrees once we get them into our universities," Nietzel said. "What's important is to make sure they can afford to stay in our universities."

Northwest President Dean Hubbard told the committee that after doing some follow up analysis, they discovered that a lot of students who applied to Northwest didn't come to Northwest because they went somewhere else. It is because they didn't go anywhere, because they could not afford to.

Hubbard points to Northwest's American Dream Grant to extend out an education to those who could not otherwise afford it. The program is currently in its second year. Hubbard said completion rates and

GPA's of those students are right in line with a typical freshman.

Hubbard said currently the school has 297 students in the program and there are 18,000 more students in the state that would fall under the criteria for the grant.

Hubbard also said a campus quality survey done by Noel-Levitz was given to juniors at Northwest and faculty members.

In overall student quality out of 41 schools and 12 categories, Northwest ranked No. 1 in 11 of those categories and second in the last. Studies also showed that Northwest exceeded the target goals of staff satisfaction.

"Typically one expects students as they work their way through college to get tired of it and disenchant with their campus experience," Hubbard said. "We have not seen that happen."

MANAGER: Rietz settles in on his first day as city manager, makes plans for Maryville

continued from 1A

development, both industrially and commercially.

Immediately will take place to further the downtown streetscape project currently underway.

"I'd like to do whatever I could to continue the process of that project," Rietz said. "I think that's a great project. It will be a good improve-

ment to the community, and it is also good because it's a community driven project. It's something that's been a grass-root effort and that's always a good thing."

Many committee members working on the streetscape project are also putting together a sign ordinance in the downtown area. Rietz felt that it is a significant project because it wasn't

something that was specifically being driven by the city, but was instead desired by the citizens.

In other communities Rietz served, the goal was to be prepared for economic development and to foster a very business-friendly atmosphere.

"The idea is that when a developer or a business owner comes to the door and wants to do a project, it is important for the city staff and City Council to be as prepared as they can to help move the project along with the guidelines and goals set by the city," Rietz said. "The idea there is to try to avoid giving the sense that there is a lot of red tape to get through."

The "very welcoming community" Rietz and his family visited when interviewing for the job made the move to Maryville easy.

"The community itself has quite a bit to offer with the aquatic center, the community center and various parks," Rietz said. "When you look from a quality of life point of view, and taking a look at it personally, the fact that it had those things, with the addition of the Mazingo Lake area, a lot of those things are things that you don't find in a community of this size."



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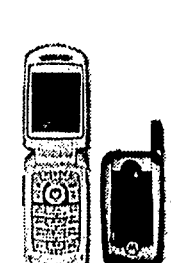
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Bulldogs overcome 10 point deficit to top 'Cats

By Jerome Boettcher
Sports Editor

KIRKSVILLE, Mo.—As Andy Peterson drained a three-pointer with 7:53 left Wednesday night to put Northwest up by 10 against Truman State, it looked like Northwest would be headed toward their seventh-straight victory.

Then the Bearcats eased up.

"I think we relaxed—that's exactly what happened, especially on defense," Northwest point guard Mose Howard said.

The Bulldogs went on an 18-4 run in the last eight minutes to stun the No. 18 Bearcats 60-56.

After Truman State erased the 10-point deficit in three minutes, Northwest's Hunter Henry hit two free throws with under four minutes left. The teams then traded baskets as Northwest held on to a 56-54 lead. Truman's Chip Sodemann then drove in for a layup to tie it with 46 seconds left. Howard missed a three-pointer and Andy Calmes gave Truman the lead on a layup after beating Northwest defenders back.

"I thought (Howard's shot) was a good look," Northwest head coach Steve Tappmeyer said. "We didn't really have a shot we were looking for ... he's good shooter there was nobody inside, he got a good look. That's a shot he'll hit a lot—that one time he just didn't."

Northwest's Reggie Robinson then drove inside and missed a heavily contended layup.

Truman once again beat Northwest back as Grant Agbo put in some insurance points



REGGIE ROBINSON chases down the ball after a Pitt State player loses control in Saturday's dominating victory. The Bearcats beat the Gorillas 90-42.

PHOTO BY MIKE DYE / PHOTO EDITOR

with a layup. Howard heaved up another three-pointer, which went awry and Truman, whose last four baskets were layups, held on for the upset.

"The missing shots, that's not so bad," Peterson said. "Where we have to be able to hold them is on the defensive end—and we didn't at the end. They got some

straight drives all the way to the rim...that should never happen to us."

Truman (15-4, 5-3 and sixth in the South Central region) hung around the whole game as

Northwest (15-4, 6-2 and first in the South Central region) struggled to get anything going early on and led just by seven at halftime. Northwest's biggest lead was 11 with just under 10 minutes. However, Truman State stuck around despite turning the ball over 18 times. The Bulldogs did gain a huge advantage on the boards, out-rebounding Northwest 36 to 24.

Sodemann led all scorers with 16 points. Howard and Xavier Gaines led Northwest with 15 apiece. Peterson, who finished with six points, had a huge fan club in attendance as his hometown of Trenton, Mo. is just 55 miles from Kirksville, Mo.

With No. 4 Southwest Baptist suffering a 68-64 loss at the hands of Missouri Southern Tuesday night, Northwest had a chance to sit alone atop the MIAA conference. Northwest will now try to rebound as they host Central Missouri (No. 4 in the region) at 7:30 p.m. Saturday.

"Adversity is going to come, we have to bounce back ... we just have to learn from it," Howard said.

Defense sets tone for 'Cats

By Jerome Boettcher
Sports Editor

KIRKSVILLE, Mo.—The Northwest women's basketball team had allowed 77.1 points per-conference game before Wednesday night—the worst in the MIAA.

Northwest sure didn't play that way against Truman State Wednesday night. The Bearcats (12-7, 4-4) forced 24 turnovers in a 88-60 rout over the Bulldogs (9-9, 1-7).

"(We talked about defense in practice) a lot, a lot," said forward Lauren Williams, who had a game-high of five steals. "(Coach Gene Steinmeyer) was 'like guys we're scoring now, which is fine. He was like (Truman) beat Missouri Western, a good team, we've got to stop them or we're not going to win."

The Bearcats jumped out to a 21-10 lead less than seven minutes into the game, but the Bulldogs responded with a 7-0 lead. During that stretch, Northwest turned the ball over five times. The 'Cats then got the lead back to double digits with a 34-24 lead with 1:08 remaining in the half.

However, the Bulldogs cut into the lead again as the 'Cats led just 34-28 at halftime.

Northwest came out with a 12-2, ten-point run to take a 46-30 lead, that Truman State wouldn't be able to catch. Truman shot just 34 percent from the field, whereas Northwest shot 54 percent. Another reason Northwest pulled away was because of its transition offense as it scored 18 fast-break points, compared to Truman's two.

"When we run we're pretty good," Steinmeyer said. "Truman started out the game by sending everybody back to transition defense. Then after awhile they started sending kids to the boards and once they sent kids to the board it was over."

Truman State's Lauren Cooper, led all scorers with 24 points. Northwest was led by Mandi Schumacher's 22 points and seven rebounds. Williams and Kelli Nelson added 12 and Erin Lohafer had 10 off the bench.

A Huddle of Faith



PHOTO BY MIKE DYE / PHOTO EDITOR

NORTHWEST FOOTBALL PLAYERS join in prayer after their semifinal victory over North Alabama in Florence, Ala. Faith is a key part of many Northwest students lives as prayer and beliefs are shown on the field as well of it.

In part one of a two-part series we try to explain the surplus of faith on campus

By Jerome Boettcher
Sports Editor

"Whatsoever ye do, work heartily, as unto the Lord, and not unto men."—Colossians 3:23

More than 50 students were deeply focused on the words that flowed out of Derek Walker's mouth.

Walker, a youth minister of the Countryside Christian Church in Maryville, preached the words of Colossians 3:23 Monday night at the Wesley Center.

Those receiving Walker's message could relate to what he was saying as Walker spoke to the Fellowship of Christian Athletes (FCA), an organization that includes both athletes and non-athletes.

"I think (sports and your faith) goes hand in hand because God created the world so it's his world," Walker said. "Everything you do, you do it for his glory ... In sports we do it to glorify Him."

That seems to be the continuous thought of some Northwest student-athletes.

"Should I be living selflessly and looking to the news of others above my own?" said Northwest women's basketball player Laura Friederich. "I feel like that's what made me kind of find out what it's all about, so that I can live a purpose."

At a time where students have to manage

classwork, jobs, friendships, adjusting to a new lifestyle and for some playing sports, sometimes faith is an afterthought.

However, on the Northwest campus, 13 different religious organizations are available. These range from the Baptist Student Union, to FCA, to the Religious Life Council.

"I do think the campus groups create a real comfortable type atmosphere for students," said Northwest men's basketball coach Steve Tappmeyer. "Sometimes it can be intimidating to be a college student to walk into a church that you don't know anyone there."

The fact that there are so many organizations on campus doesn't surprise Northwest football coach Mel Tjeerdsma.

see FAITH on 3B

Kuwitzky sees progress in loss to rival

By Brendan Kelley
Assistant Sports Editor

When Maryville Spoofhound boys basketball coach Mike Kuwitzky appeared from the locker room on Tuesday, night he wore a smile. The 'Hounds had just dropped a six point game to the visiting Savannah Savages 44-38 — Kuwitzky was all smiles anyway.

"I was really pleased with the way we played tonight, from the first time we played them 'til this time we've improved a lot," Kuwitzky said. "I thought tonight that our kids fought hard and made progress.

We're disappointed we lost and the kids were a little down, but we tried to pick them up and point to the positive that we've made strides since the last time we played them."

The last time the 'Hounds and Savages met was in the Savannah Invitational Tournament. The Savages controlled the game from the beginning winning by 19, 51-32, and at first it appeared as though Tuesday night would be a re-run of that outing.

The 'Hounds went down 8-0 early in the contest when junior Blake Jensen broke through with the first Maryville bucket bringing

the score to 8-2 with 4:09 left in the first quarter. Maryville hit two more baskets to bring the score to 14-6 at the end of the quarter.

"The inexperience, the youth and stuff still seeps in when teams put heat on you and put good pressure on you. We can work on stuff in practice, but we can't emulate with our team some of the bigger teams that play us and some of the stuff they do," Kuwitzky said. "It's hard to emulate that in practice, so when we see it, we're still sometimes getting off to a little bit of a rough start. But, I think our kids fought through it and we're determined and tried

really hard to overcome it."

Savannah led 21-8 with 5:35 left in the second quarter before Maryville used a 15-7 run powered by eight second quarter points from Andy Walter to bring the halftime score to 28-23.

Walter led Maryville scorers ending the night with 16 points.

"He's easily our best offensive player and he's a great shooter," Kuwitzky said. "He's a pressure shooter, he's a clutch shooter and he's a competitor. All year long the shots that he takes pull us close when

see PROGRESS on 3B



PHOTO BY KELLIE WHITE / ASSISTANT PHOTO EDITOR

'HOUNDS' BLAKE Jensen goes up for a shot Tuesday night against Savannah.

FAITH: Athletes find answers in religion



AARON BAKER and girls basketball player **Laura Friederich** joke around before the beginning of their weekly service at the Fellowship of Christian Athletes. The program starts every Monday at 7 p.m. with Bible leadership on Wednesdays and Thursdays.

continued from 1B

"I think all these organizations that you are talking about are student led, if there wasn't a desire by our students, if they didn't feel like there was a need for them, they wouldn't be here."

Northwest women's basketball player Katie O'Grady is a student who feels like there is a need for a strong faith and that her life would be different without it.

O'Grady feels like her faith, along with her teammates, has grown and is been a big reason for her success.

"I know God has definitely helped me out during my tough times," O'Grady said. "Everytime before a game we get together and say the 'Our Father' and Laura (Friederich) blesses us. There's something about it that helps us to relax. We know, win or lose, God is

going to be proud of us."

Tappmeyer attends First Christian Church in Maryville.

During his career Tappmeyer might not appear as a ideal churchgoer when he rants up and down the sideline.

However, Tappmeyer said that without his faith, he wouldn't be able to get through his daily routine.

"I feel like I'm very strong in my faith. I think sometimes people the only the place they see me is on the sidelines and (they think) 'that lunatic, he's probably never gone to church in his life' or something," he said. "But it's very important to me, it's a big part of my daily life—is my faith."

Then with all this, the question arises of what place does religion have in sports.

Walker's message Monday, continually reminded

members that God did everything for them and so they owed it to Him, for Him to be their No. 1 priority.

"(Worship) doesn't always have to be reading your bible or in prayer or whatever," said Northwest tennis player Jake Saulsbury, who also leads FCA. "When you're doing your sport, or schoolwork, or job, or whatever it is and you're doing it with all your heart, that's glorifying God, when you're giving the glory to Him. I think that's important thing."

Walker said that those who still haven't figured out their spiritual beliefs and might not see God as their No. 1 priority, will eventually find out what really matters.

"(When I was in high school) I was a Christian who played sports, I wasn't an athlete who was a Christian," Walker said.

Bearcat fans should root for Steelers in XL

Northwest football coach Mel Tjeerdsma might have been wondering why TV analysts were still talking about Northwest.

It had been more than a month and yet there were CBS analysts talking about the surprise team, one heck of a road trip and a team that had nothing to lose.

But they weren't talking about the Bearcats Sunday afternoon, as familiar as it sounded to many Northwest football fans.

They were talking about the Pittsburgh Steelers and their improbable playoff run that had never been seen before.

However, the Bearcats can relate. The Steelers, who finished 11-5 in the regular season, received the No. 6 seed (out of six teams) and had to play every playoff game on the road.

Hmm, where have we heard this before?

Oh, yeah, maybe it wasn't the same run, but the Steelers are the Bearcats (who finished 7-3 in the regular season) of the NFL.

View from below



Jerome Boettcher
Sports Editor

Just look at some of the similarities between the two teams.

First, during the regular season, both teams suffered a defeat from an unlikely, up-and-coming conference rival. For Pittsburgh it was

Cincinnati and for Northwest it was Washburn. However both teams got the last laugh as they knocked off their perspective rivals early on in the playoffs in their houses.

Both teams also had striking similar embarrassing losses to even bigger rivals. The Steelers were exposed in a 26-7 loss in Indianapolis to the Colts and the 'Cats fell 56-35 to Pittsburg State in front of a big audience at Arrowhead Stadium.

Once again the tables were turned. The Steelers shocked just about everybody when they ruined the Colts season nearly two weeks with their amazing defeat in Indy.

It ended the Colts' dream season and only boosted the Steelers confidence. Northwest also got revenge as its defense held Pittsburg State

to 10 points in the third round of play.

The semifinals were a little different but once again both teams shocked the home squad.

Now the only question remaining is whether the Steelers will be able to accomplish what Northwest couldn't, will they win the big one?

Even if they don't, it will still be one of the most remarkable runs in professional football. No six seed has ever been where they have been—at least not on the pro level.

So, as Northwest fans sit back and watch this remarkable run unfold, root for the Steelers. They are the 2005 Northwest football team of the NFL and Bearcat fans can relate to a majority of what they went through during their remarkable season.

The Seahawks aren't perfect like Grand Valley State was, but they are underappreciated and might have some fire in them.

So the Steelers, who happen to be the favorite, will still have to fight for respect.

"We came from the bottom," said one Steeler Sunday afternoon.

Hey man, you are preaching to the choir.

SPORTSBRIEFS

Tollefson ties for most tackles in Hula Bowl

HONOLULU—Senior defensive end Dave Tollefson recorded six tackles for the East squad on Saturday in the Hula Bowl which was televised on ESPN.

The senior captain from

Concord, Calif., tied Notre Dame linebacker Corey Mays for the game-high in tackles. The East won the game 10-7 over the West in a game that featured mostly Division I players along with others

from smaller divisions.

Tollefson's performance could have helped please scouts who were in attendance and maybe help him come draft day on April 29-30 in New York.

Osborn leaves basketball team

Northwest basketball coach Steve Tappmeyer announced Tuesday that sophomore Joel Osborn decided to quit the team.

Osborn, a native of Harlan, Iowa, said he left to focus on the upcoming football season. Osborn was third in the depth chart for quarterback

for the football team. This year he will compete against returner Josh Mathews for the starting position.

Osborn only played in six games after he returned once the football season had ended. Osborn finished third in the conference last year for three-point percentage (.423).

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PROGRESS: 'Hounds learn about themselves in loss



SOPHOMORE KLAY Talmadge searches for a shot Tuesday night against Savannah's Brock Houston.

PHOTO BY KELLIE WHITE / ASSISTANT PHOTO

continued from 1B

we've got to have them. It's pretty amazing for a sophomore to be this polished."

The third quarter was a back and forth battle as the teams traded baskets and turnovers.

The Savages seemed to come up with big defensive plays when they really needed them, taking some of the pressure off their offense. The Savages led 38-31 at the end of the quarter.

"This is the most defensive-minded bunch I have ever coached and they know that's their strength, they take pride in it," Savannah coach Nick Kemerling said. "They're just a bunch of very athletic kids that I think they enjoy playing basketball, but they're going to stick to what they're good at."

"They take pride in it at practice and they do a real good job against most teams."

Savannah's Brock Houston scored 21 points against the 'Hounds in their first meeting this year.

The forward posed a problem for Maryville again on Tuesday night scoring 19 despite 'Hounds forward John Hart having a strong night defensively.

"It was great effort on John Hart's part, he battled hard inside and got some big steals," Kuwitzky said. "I thought he got some big rebounds and he played some really good defense

for us tonight."

The 'Hounds used baskets from Andy Walter, Garet Arnold and John Hart to outscore the Savages by one in the fourth quarter, but it wasn't enough to pull out the win as they fell by six.

Despite the loss, Kuwitzky had nothing but words of encouragement for his team after the game.

"You're never happy when you lose, there's a feeling of dejection," Kuwitzky said. "I spent my whole locker room talk at the end just saying we got to stay up because we're getting better it's just measurable, I've seen it everyday since the first day."

"We've had 50 practices and this is our 16th game, so that's 66 days that we've been on the floor, that I've watched these guys, trust me they're a lot better now than they were the first day of practice."

The 'Hounds next chance to grab a win will come tomorrow night at home against Benton in Bearcat Arena.

'Hounds to host Quad State Classic

By Andrew Glover
Chief Reporter

On Thursday coach Joe Drake took his Maryville High School wrestling team to Platte City, Mo., to take on No.1 ranked Platte County.

The reception was a harsh one as the Spoofhounds dropped all but one match in the dual against the Pirates.

"They pretty well dominated us," Drake said. "I think in a couple weight classes we may have gotten intimidated a little bit."

Though the dual seemed to go mostly downhill for the 'Hounds, there were some upsidies to the meet.

One positive was the young wrestlers showing a lot of effort and intensity, which is something young wrestlers don't always seem to do.

"Dakota Merrill won his match so that was a big positive," Drake said. "Zach Sherry, who wrestled at

215 (pounds), is a freshman and we bumped him up against a senior and he lost a close regular decision match, and we thought he wrestled extremely well."

Maryville's leader, and only returning state qualifier from last year's team, Cody Gillenwater, at 130 pounds, was one who let intimidation play a role in his loss.

"He was wrestling a boy that is a very good wrestler, he is the returning state champion," Drake said. "Cody was one of those who let himself get intimidated a bit."

The match was a disappointment to Gillenwater, but also proved to be a humbling experience that wasn't all bad.

"I was mad that I lost but you can't dwell on those, you got to get better from them," Gillenwater said. "I just took that loss and knew that he was a good kid, so I just got to get better

from that."

Maryville will practice this week to prepare for their dual with Smithville at 6:30 p.m. Thursday in Smithville, Mo. Then they will shift their gears to get ready for their quad-state tournament on Saturday, a tournament that will bring in competition from Kansas, Missouri, Nebraska and Iowa.

"We think each state will be well represented by their schools," Drake said. "It has always been a very balanced tournament; meaning every school is bunched together and nobody runs away with it."

As the weekend approaches and the end of the season nears, the 'Hounds are beginning to feel the excitement and intensity pick up.

"Districts are right around the corner; I think we're all getting excited," Gillenwater said. "We're confident and I think some of the young kids are going to step up."

Girls squad falls to No. 1 team

By Cali Arnold
Community News Editor

The No. 1 ranked team in Class 4 was too much for the Maryville Spoofhounds girls' basketball team.

The Benton Cardinals were able to use a full court press to win the game 62-24, and force the 'Hounds to drop to 4-11 on the season.

"We broke it (the press) the first couple of times, and then they made some adjustments," Maryville head coach Adam Willard said. "They got a couple steals and some lay-ups and that got them ahead."

Going into the game, Willard knew it would be a tough matchup. He said that the Cardinals put a lot of pressure on the 'Hounds guards and making hard to get any offense going.

"We were able to execute a lot, but with their quickness and their strength you know, you'd get one shot and that was it," Wil-

lard said.

Willard and senior Kim Wolfer both agree that Benton shot the ball much better than the 'Hounds.

"If our shots would have been falling, it wouldn't have been so bad," Wolfer said.

'Hounds guard Genesee Stoll is back in action after missing time due to a knee injury. Even so, Willard said his team is still dealing with inexperience.

"I think she's (Stoll) just kind of tolerating the pain and fighting through it," Willard said. "I'm able to tell she's lost a step."

Though Stoll can't go as fast as she used to, Willard said that she's still out playing a lot, contributing and helping the team.

"I didn't have my best game last night," Stoll said. "Coming back from an injury, I was gone for four weeks, I was a little

bit rusty, but I'm glad to get back into it."

Wolfer was the 'Hounds leading scorer with eleven, and Bobbi Austin scored 7. Willard continues to be impressed with the improvement of junior Jaclyn Guess.

"She gets better every time she plays," Willard said. "She's making a lot of

progress."

Maryville plays again at 5 p.m. Friday at Savannah. Willard said that they are a very guard-oriented team that has a lot of speed.

"They'll press, they'll run up and down the floor and they'll be hard to keep up with," Willard said. "It's a traditionally strong program."

The Student Body

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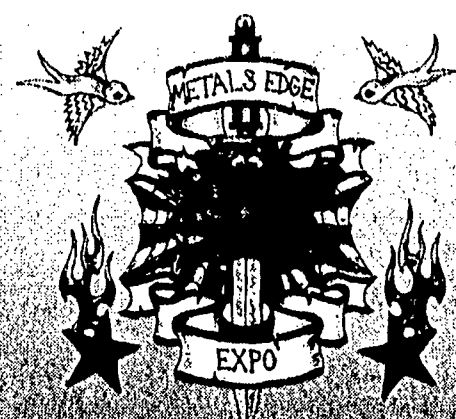
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Lindsey Cracraft	Meagan Murphy
Heather Fleener	Lauren Merle
Shelby Godwin	Kerry Nease
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Amanda Gumm	Brooki Roberts
Deidra Heineman	Hollie Ryan
Michelle Hensley	Amanda Tinker
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52 / 37

Friday
Play a little hooky



54 / 38

Saturday
Frost cookies with icing



49 / 32

Sunday
Drink hot cocoa



38 / 26

Monday
Be jazzy



39 / 22

Tuesday
Don't do laundry



42 / 26

Wednesday
Make ski reservations



42 / 25

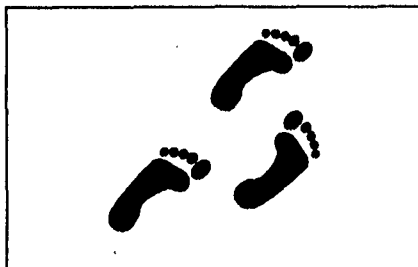
From National Weather Service
COUNTDOWN

19 days until
Valentine's Day

53 days until
Spring Break

25 days until
midterm exams

Your Man wonders about AFTERdark plans



Your Man seems to have strolled into some kind of revival. Everywhere he looks, he sees "What are you doing AFTERdark?"

Probably getting his drink on. Certainly not going to this gathering.

Your Man has been noticing a trend on campus. It seems the Christian community on campus has suddenly turned

its target from purging the world of sin to converting the whole student body with a ferocity comparable to that of the Inquisition.

And as Monty Python once said, "No one expects the Spanish Inquisition."

Even without their element of surprise, the collaboration of several campus Christian organizations has unleashed a massive propaganda system.

The Centennial Statue figures? Devout worshippers. The academic buildings? Actually holy temples. With the widespread signage, it's beginning to look as if the University supports this completely.

Your Man has overheard some people saying that God will even be attendance,

but I heard the Baldrige inspectors will be elsewhere.

Even with the possibility of having a nice heart-to-heart with God, Your Man is still going to stay away.

You see, Your Man isn't comfortable with the pushy attitude he's seen around some religious organizations on campus, and he thinks other students should feel the same way.

Don't get him wrong. It's not that he has an issue with Christianity or any of its dogmas. It's that he doesn't want it pushed on him any more than he wants to spill his beer.

He's pretty sure the other non-Christians feel the same way (maybe not about the beer). However, this understanding doesn't seem to be a two-way street.

The believers must always convert the un-inspired, the heathens...the unwilling.

Your Man gets enough propaganda on a daily basis, he doesn't need to attend AFTERdark to find the light. He'll just wait until the morning.

If you want to go to AFTERdark, go to AFTERdark. If you are a Christian, more power to you. If you can't accept non-Christians, reassess your faith. Why is it so important to make sure others believe the same things you do?

Your Man can't answer that question for you. However, he hears prayer is good for that kind of thing. Or beer.

The Stroller has been a tradition since 1918 and does not reflect the views of *The Northwest Missourian*.

Going Out? Get connected

Today

■ Alcoholics Anonymous meeting @ Wesley Center. Noon and 8 p.m.

■ TOPS MO #985 @ Ravenwood Christian Church. 5 p.m.

■ Thursday Night at the Union: Saltwater Taffy. 10 p.m. @ Union Ballroom.

■ Parkinson's Support Group @ First Christian Church. 6:30 p.m.

Saturday

■ Womens, Mens Basketball vs CMSU @ Bearcat Arena. 5:30 p.m.

Sunday

■ Overeaters Anonymous @ St. Francis Hospitality Room. 6 p.m.

■ Maryville Pride Lion's Club @ St. Francis cafeteria. 6:30 p.m.

Monday



■ W.I.N.G.S. Support Group @ Children and Family Center. Noon-1 p.m. and 6-7:30 p.m.

■ Last day to drop semester courses, 50 percent refund @ registrars office.

Tuesday

■ TOPS @ First Christian Church. 5:30 p.m. weigh-ins, 6 p.m. meeting.

Wednesday

■ Wanda Sykes @ Performing Arts Center. 8 p.m. Tickets on sale now.

Deadline for submissions for the calendar are due Friday prior to publication and can be mailed to Calendar of Events, 800 University Drive, Wells Hall #2, Maryville, Mo. 64468 or e-mail northwestmissourian@

RANDOMFACTS

The brain reaches its maximum weight at age 20 - about 3 pounds. Over the next 60 years, as billions of nerve cells die within the brain, it loses about 3 ounces. The brain begins to lose cells at a rate of 50,000 per day by the age of 30.

Northwest Missourian Classifieds

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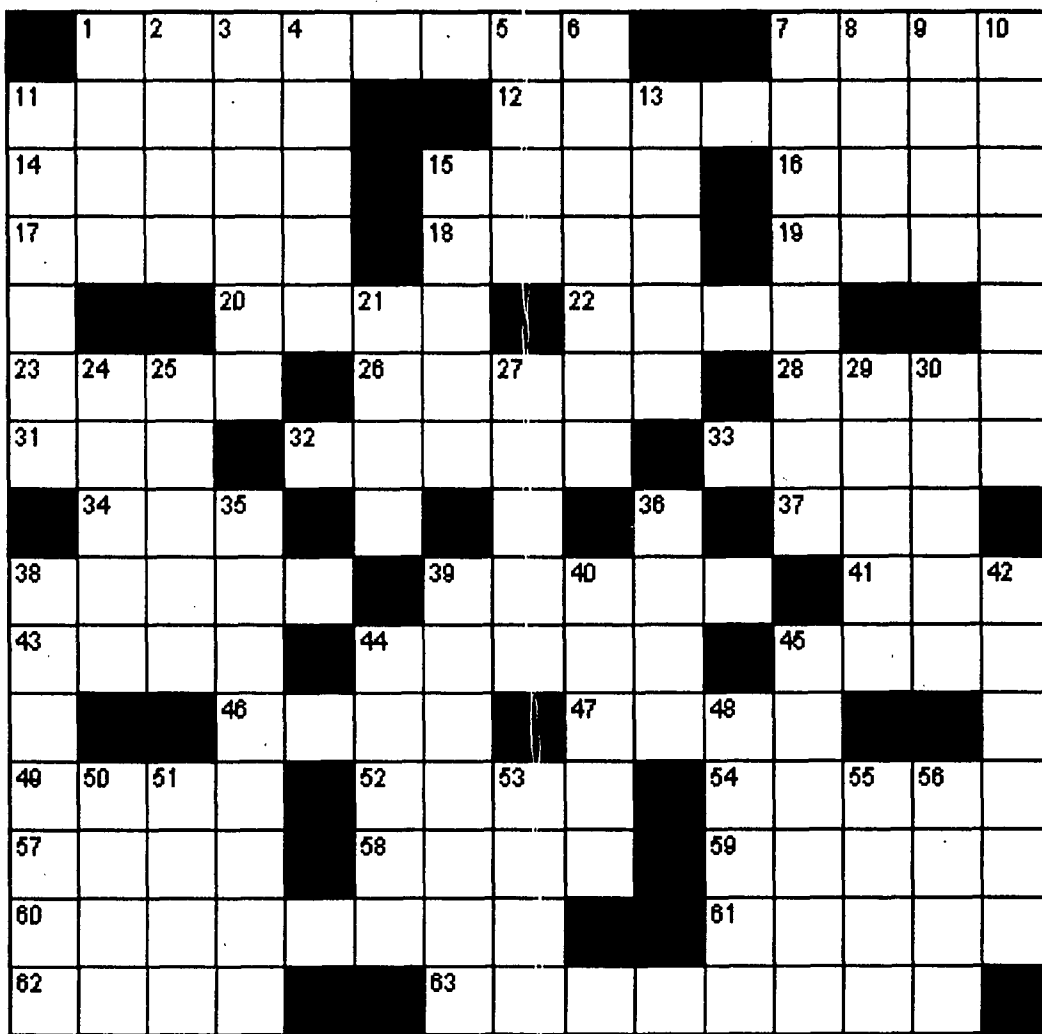
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PUZZLEMANIA



Across

1. Religion originated in India
7. Lace collar
11. Argentine river
12. Climbing shrub
14. Male name
15. Dell
16. Snakes
17. Perhaps
18. Expectorate
19. Electrically versatile
20. Son of Jacob and Leah
22. Slant
23. Fleet

Down

26. Once more
28. Labels
31. Firearm
32. Yorba 7, Calif.
33. Woman in charge of a brothel
34. Legal thing
37. Male child
38. Fires
39. Early form of modern jazz
41. Peseta
43. Small dog
44. Here is
45. Stump
46. Timber
47. Fetter
49. Part of verb to ride
52. Vein-like deposit
54. Japanese city
57. Thickening gum
58. Set of clothing
59. Vacillate
60. Choosing from various sources
61. Alter
62. Storage shelter
63. Unnecessary
1. Hungarian male name
2. Ill-favored
3. Cheerlessly
4. Beneficiary
5. Exchange
6. Citizen army
7. Boat races
8. Gout-causing acid
9. Discover
10. Authoritarian political theory
11. Nominating
13. Became established
15. Emblem of victory
21. Futile
24. Haloes
25. Pointed neck
27. Snake
29. Take as one's own
30. South African people
35. Stabbed
36. Bouquet
38. Euphorbias
39. Wanderer
40. Engender
42. On board
44. "Planets" composer
45. Benne
48. Speech sound
50. Exclamation of pain
51. Broad valley
53. Gaming cubes
55. Salutations
56. Knows (Scot)

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Diet Trouble? Tips to be smarter, healthier

Learn how to choose the right diet for different body types

1. Atkins Diet

Advantages: Through cutting carbohydrates, the dieter loses a large percentage of weight.

Disadvantages: The plan relies too heavily on protein that can result in nausea, bad breath, headaches and carbohydrate cravings.

Long-Term Success: This diet is not created for long-time use and the weight usually comes back if carbohydrates are added back into the diet.

2. The Zone Diet

Advantages: The plan recommends a diet with lean protein sources which decreases the amount of saturated fat.

Disadvantages: The range of food allowed is pleasant to a dieter, but the portions in which the food can be consumed are so small that they are often odd and unsatisfying.

Long-Term Success: The plan is difficult to maintain at a long-term rate because the plan banks on low calories and low protein consumption.

3. Eat for Your Blood Type

Advantages: The plan focuses on lean sources of protein and also recommends several servings of vegetables and fruit for all of the diets.

Disadvantages: Scientific research does not support the theory that there is any type of relationship between blood type and a person's response to certain foods.

Long-Term Success: The recommended menus usually include foods that are difficult to find and preparing meals for families with different blood types.

4. Sugar Busters

Advantages: Encourages the consumption of lean meats along with fruits and vegetables. The diet also encourages regular exercise.

Disadvantages: The emphases on protein nearly always results in weight rebound due to carbohydrate cravings and the restrictions enforced in the diet.

Long-Term Success: The intense carbohydrate cravings almost always result in failure.

5. The Grapefruit Diet

Advantages: Grapefruit is an excellent source of Vitamin C and is very high in fiber.

Disadvantages: Any diet plan that encourages the consumption of one type of food will eliminate other sources of nutrients and vitamins.

Long-Term Success: Regaining the weight is inevitable.

By Evan Young
University News Editor

When it comes to maintaining a healthy heart, exercise is essential. Activities such as walking, jogging, dancing, swimming, cycling and dancing help strengthen the heart, and if performed on a regular basis, can decrease the chances of health problems later in life.

It is important, however, to exercise wisely in order to reap the full benefits. The American Heart Association offers these suggestions for getting the most out of your workout.

1. Check with your physician for a medical evaluation before beginning any exercise program if you have a high risk of chronic health problems, are overweight or have been inactive for a long period of time.

2. Vary your exercise routine. Choose several activities that you find enjoyable, not exhausting.

3. Dress accordingly for the weather and the activity. Make sure your footwear fits properly.

4. Be flexible. Try to set aside an appropriate time and place to exercise each day. If you miss your exercise time one day, find

another way to include activity that day.

5. Listen to music during your routine for entertainment.

6. Surround yourself with support and figure out what kind of support you want, whether it's someone reminding you to exercise every day or simply joining in on your routine.

7. Don't do too much too fast. Slowly increase the duration and intensity of your workout each day. Work toward exercising 30-60 minutes every day.

8. Record your daily activities and reward yourself at special milestones.

Find Your Body Mass Index (BMI), Kg/M²

weight (in pounds)	height (in feet, inches)					
	5'0"	5'3"	5'6"	5'9"	6'0"	6'3"
140	27	25	23	21	19	18
150	29	27	24	22	20	19
160	31	28	26	24	22	20
170	33	30	28	25	23	21
180	35	32	29	27	25	23
190	37	34	31	28	26	24
200	39	36	32	30	27	25
210	41	37	34	31	29	26
220	43	39	36	33	30	28
230	45	41	37	34	31	29
240	47	43	39	36	33	30
250	49	44	40	37	34	31

The Body Mass Index is a method used to determine if an adult is overweight. Height and weight are factored into the calculation. To determine your BMI, take your weight in kilograms and divide that by your height in meters, squared. A **healthy** BMI ranges from **18.5** to **24.9**, while **25-29.9** is considered **overweight**. A number over **29.9** is considered **obese**. A Belgian in 1839 came up with the index to calculate body volume.

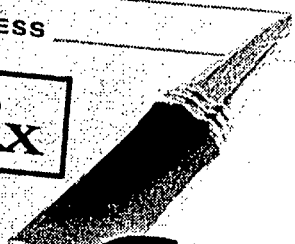
Source: WebMD.com

From Apex Fitness Group
www.apexfitness.com/html/nutrition/articles/

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Portion control—

What's a serving?

A serving of...

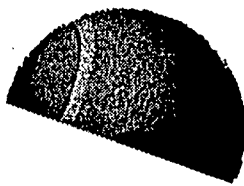
Fresh fruit or vegetables
Canned fruit or cooked vegetables
Starchy vegetables or dried beans
Bread
Dry cereal
Cooked cereal
Rice or pasta
Dairy products
Lean meats, chicken and fish
Oil, margarine or butter

equals...

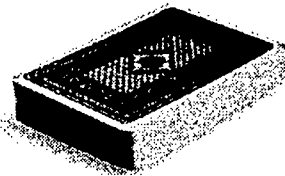
1 cup
1/2 cup
1/2 cup
1 slice
3/4 cup
1/2 cup
1/3 cup
1 cup
3 ounces
1 teaspoon

No measuring cups nearby?

A half cup serving of canned fruit, vegetables or potatoes is the size of half a tennis ball.



A one ounce serving of cheese is about the size of a thumb.



Three ounces of meat, chicken or fish is about the size of a deck of playing cards.

A teaspoon of oil is about the size of a thumbnail.

A one-cup serving of milk, yogurt or fresh greens is about the size of a fist.



If you love...



Sour cream

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Plain low-fat yogurt, one-half cup cottage cheese blended with one and a half teaspoon lemon juice or fat-free sour cream



Whipped cream

try...

Chilled, whipped evaporated skim milk; nondairy whipped topping made from polyunsaturated fat



Ice Cream

try...

Sorbert, sherbert, low fat or fat-free frozen yogurt, ice

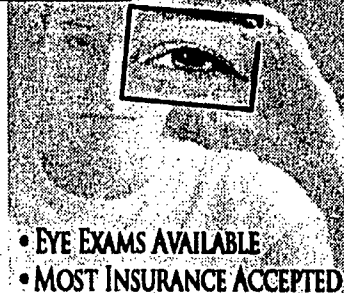
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Q&A with Looks trainer Brian Kuhs

Q: What is the best diet to help lose weight/stay in shape?

A: Stay away from Atkins, you need carbohydrates in your diet. The most important thing is to stick with whatever diet you decide to do.

Q: Should you do different workouts or stick to the same workout?

A: Switch things up so that you don't get bored, but stick to the same general program. (Kuhs suggests switching every six to eight weeks.)

Q: How many days a week should you work out?

A: Spend three days a week minimum working out.

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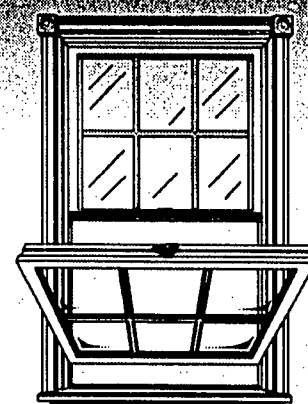
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75 percent of Americans are chronically dehydrated.

In 37 percent of Americans, the thirst mechanism is so weak it is often mistaken for hunger.

Even mild dehydration will slow down one's metabolism as much as 3 percent.

One glass of water shuts down midnight hunger pangs for almost 100 percent of dieters researched in a University of Washington study.

Lack of water is the No. 1 trigger of daytime fatigue.

Research indicates 8-10 glasses of water a day could significantly ease back and joint pain for up to 80 percent of sufferers.

Drinking 5 glasses of water daily decreases risks of colon cancer by 45 percent, slashes risks of breast cancer by 79% and reduce risks of developing bladder cancer by 50%.

www.bottledwaterweb.com

Switch to the web for medical advice at home

By Andrew Glover
Chief Reporter

■ www.omnimedicalsearch.com

Sometimes it can be inconvenient to always have to go to a doctor to find out a condition you may have with your health or the cost of a visit just doesn't jive with your budget. In these circumstances people with access to the Internet have the resources to see for themselves what their condition is.

Listed below are medical search engines that aid users in finding out the many types of symptoms that may be linked to their illnesses.

■ www.hon.ch/MedHunt

■ www.medicinenet.com

■ www.webmd.com

Each search engine has its own distinct personality, and each has a different database.

Other health-friendly sources on the Internet are calorie calculators and body mass index calculators that calculate how much weight is healthy and unhealthy for yourself.

Using www.wvda.org people can calculate appropriate calorie intake for either men or women. They can calculate body mass index, or BMI. They can also show how many calories are burned through gym activities, sports and training, outdoor activities, daily and home life, as well as occupational activities.

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Supplements don't stack up to eating right

By Sean Comer
Opinion Editor

With the right diet, fitness buffs could save a bundle by taking trendy supplements out of the budget.

A glance through an average fitness publication reveals a cornucopia of powders, pills, meal bars and canned drinks guaranteed to burn fat like a furnace.

But what do they really do? Evidently, they do nothing eating sensibly in the first place won't do better. The key ingredient in most pill supplements: caffeine, though some—such as Morphoplex—include a green tea extract. While most contain various vitamins and amino acids, the insignificant dose doesn't carry much benefit. To save a little money, a cup of coffee or bottle of green tea makes for a bigger dose of antioxidants that can help prevent cancer and heart disease.

Yet, many consumers

remain sold. Evidently, smart marketing goes a long way.

"We want instant gratification," said St. Francis Hospital's food service director and registered dietitian Leslie Hawk. "The supplement companies know that about us. So, they take ingredients and put them together, with what caffeine and ephedra and herbal ingredients do, and they use those by themselves and out of context and say 'Take these and this will do this to your metabolism.'"

"But in the fine print, they say 'You need to combine this with exercise and with eating right,'" Hawk added. "So, basically, it's just an add-on to what you need to be doing for a healthy lifestyle."

For those craving a quick Red Bull pick-me-up before facing the day or hitting the bars at night, keep it to a minimum. Drinking high-calorie energy drinks can pack as many calories in as eating

them—and the liquid calories add up just as much, with less benefit. Hawk suggests sticking to the diet drinks.

"You can get the same energy from drinking anything that has carbohydrate or proteins in it," Hawk said. "A carbohydrate is a carbohydrate whether it comes from a Snickers bar or from a piece of bread. The body recognizes it in its elemental form. How you consume it, is up to you. Just because someone says it's better for you, doesn't mean the body recognizes it any differently."

"You can get the same benefit from a jolt of coffee and a Centrum," Hawk added.

Even whey protein powders and shakes can carry some risky consequences. The excess nitrogen in protein can cause kidney damage, without enough water to synthesize them.

Creatine, though effective in producing short bursts of energy, doesn't provide a long-term sustained source of energy.

In reality, Hawk said, the smartest strategy lies in eating for a lifetime, not a diet.

"The way you should expect to lose weight, is the way you should expect to eat the rest of your life," Hawk said. "Because once you stop doing that, you'll regain the weight."

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Iowa student makes 30,000 calorie sandwich

By Jessica Schmidt
Copy Editor

If your goal for the New Year is to gain weight, you may be inclined to follow Josh Mattson, a freshman at the University of Iowa.

Mattson packed a total of

30,000 calories into one sandwich. Mattson built the massive sandwich for a how-to essay for an English class assignment. The sandwich cost \$47, took three hours to make and 12 hours to eat. Mattson said he could only eat 7/8 of it and felt sick afterward.

Source: ABC News

SANDWICH RECIPE AND CALORIES

Fried Mushrooms-15	450	Sliced turkey-1/4 pound	181	Oregano-50 grams	438
Bacon-14 pieces	990	Pastrami-1/4 pound	394	Salt and pepper-50 grams	0
Onion rings-18	1140	Sliced roast beef-1/4 pound	200	Butter-1/2 pound	1600
Ground beef-1/4 pound	293	Bratwurst-1	510	Parmesan cheese-100 grams	65
Corndogs-2	540	Braunschweiger-1/4 pound	580	Canola oil-1.54 Tbsp.	18,432
Swiss cheese-4 slices	425	Wheat bread-1 pound	1030	Total	29,559
Provolone cheese-4 slices	397	Lettuce-1/2 head	25		
Cheddar cheese-4 slices	455	Feta cheese-4 oz.	350		
Sliced ham-1/4 pound	184	Italian salad dressing-6 oz.	480		

Source: Nutrition and Health
News at insook.com



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Cheese cake 1 (4oz. piece) 2 t sugar
 Chocolate cake (iced) 1 (4 oz. piece) 15 t sugar
 Cup cake (iced) 16 t sugar
 Strawberry shortcake 1 serving 4 t sugar
 Brownie (unfrosted) 1 (3/4 oz.) 3 t sugar
 Donut (plain) 1 3 4t sugar
 Donut (glazed) 1 6t sugar

BREAD AND CEREAL

White bread 1 slice 3 t sugar
 Hamburger bun 3 t sugar
 Hot Dog bun 3 t sugar
 1 bowl Corn flakes 3-4 t sugar
 1 bowl Cheerios 3-4 t sugar
 1 bowl Wheaties 3-4 t sugar

DAIRY PRODUCTS

Ice cream bar 1 17 t sugar
 Chocolate sundae 1 dish 14 t sugar
 3Ice cream soda 1 5 t sugar
 Malted Milkshake 1 (10 oz.glass) 710 t sugar
 Chocolate milk 1 glass 6 t sugar
 Cocoa 1 glass 5 t sugar
 Ice cream 1/8 quart 23 t sugar



Most fattening cocktails

Calories	Instead
Long Island Iced Tea 780	Mix rum with diet soda
Margarita 740	Mix vanilla flavored vodka with diet
Pina Colada 644	Pineapple tequila
Mai Tai 350	Ice add a splash of lime
Fog Cutter 225	Mix flavored vodka with diet soda
	Pour liquor on ice, add a splash of juice

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